

# Live Like Your Life Depends On It.



“Eating healthy  
helps me feel a lot  
better about myself.”



### *Eat Smart:*

Make healthy food choices. Eat more fruits, vegetables and whole grains; include fat-free or low-fat milk and milk products; choose lean meats, poultry, fish, beans and nuts; and eat foods low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

Visit <http://www.health.gov/dietaryguidelines> or [www.dhss.mo.gov/ChronicDisease/Campaign.html](http://www.dhss.mo.gov/ChronicDisease/Campaign.html) for more information on dietary guidelines.

*Eating healthy works wonders in preventing chronic disease.*

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